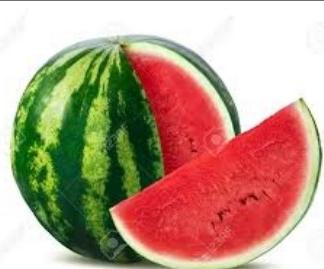




Papaya



Watermelon



Pineapple



Bilberry



Pomegranate



Mulberry



Cranberry



Red currant



Apple



Lemon



Figs



Black currant



Guava



Chokeberry  
(or elderberry)



Seeded  
grapes



Grape seed  
extract / oil



Soursop



Coconut

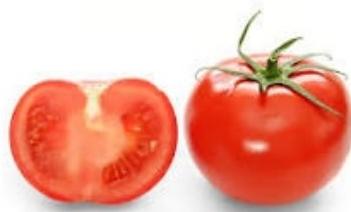


Sesame  
seeds

 Linseed oil	 Black seed oil	 Flaxseed (oil)	 Wheatgerm oil
 Rice bran	 Wheat bran	 Sunflower seeds	 Pumpkin seeds
 Peanuts	 Hazelnuts	 Brazil nuts	 Almonds
 Walnuts	 Pistachios	 Bitter apricot kernels or bitter almonds	 Mustard seeds
 Raw cocoa	 Curry powder	 Tumeric	 Black pepper



Sun-dried tomato  
or tomato powder



Tomato



Avocado



Carrots



Peppers



Beetroot



Arugula  
(rocket salad)



Parsley



Kale



Spinach



Lettuce



Pak Choy



Watercress



Swiss chard



Seaweed / nori



Broccoli  
sprouts



Asparagus



Drumstick tree  
(moringa)



Olives



Capers

			
Cod liver oil	Salmon	Cod	Tuna
			
Prawns	Beef liver or pate	Chicken liver or pate	Eggs
			
Sauerkraut	Salt pickles	Natto	Brewer's yeast
			
Yogurt	Kefir	Ginger	Garlic
			
Shitake mushroom			